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Tuesday, March 7, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

## CHRISSY TEIGEN OPENS UP

The model's real talk about her postpartum depression. 17

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# TOURISM TURNOFF

NYC expects to lose hundreds of thousands of international tourists because of Trump's travel policies. 4



GETTY IMAGES



## TRUMP MAINTAINS CONFIDENCE IN COMEY

President Donald Trump still has confidence in FBI Director James Comey, the White House said on Monday, despite his assertiveness in challenging Trump's claim that the Obama administration wiretapped him during the 2016 election campaign. Federal Bureau of Investigation head Comey has asked the Justice Department to reject Trump's accusation that former President Barack Obama ordered a wiretap



at Trump Tower because the claim was false and must be corrected, a federal law enforcement official said. Asked whether Trump still had confidence in Comey, White House Spokesman Sean Spicer said, "There's nothing that I have been told by him that would lead me to believe that anything is different than what it was prior." **REUTERS**

## TRANSGENDER STUDENT RULING TOSSED OUT

The U.S. Supreme Court on Monday scrapped plans to hear a major transgender rights case and threw out a lower court's ruling in favor of a transgender Virginia student after President Donald Trump rescinded a policy protecting such youths under federal law. The justices sent the case involving transgender high school student Gavin Grimm back to the same

U.S. appeals court that last year ruled in Grimm's favor, with the dispute centering on a federal anti-discrimination law, a constitutional issue and the Trump administration's Feb. 22 action. The move was the latest legal fallout from Trump's extensive use of executive power in the opening weeks of his presidency and was at least a temporary setback for transgender rights. **REUTERS**

## IRAN VESSEL CAUSES NAVY SHIP TO CHANGE COURSE

Multiple fast-attack vessels from the Iranian Revolutionary Guard Corps came close to a U.S. Navy ship in the Strait of Hormuz on Saturday, forcing it to change direction, a U.S. official told Reuters on Monday. The official, speaking on the condition of anonymity, said the IRGCN boats came within 600 yards of the USNS Inviolable, a tracking ship, and stopped. The Inviolable



was being accompanied by three ships from British Royal Navy

and forced the formation to change course. The official said attempts were made to communicate over radio, but there was no response and the interaction was "unsafe and unprofessional." **REUTERS**

**5**  
**THINGS YOU  
NEED TO KNOW**

### SIERRA AIR

**5** An Athlete makes a run during moguls training ahead of the FIS Freestyle Ski & Snowboard World Championships 2017 on Monday in Sierra Nevada, Spain. **GETTY IMAGES**

## GM WILL LAY OFF 1,100 MICHIGAN WORKERS

General Motors Co. said it will lay off 1,100 workers in May at its Lansing Delta Township plant in Michigan as it shifts production to Tennessee. GM last year added 800 jobs at its Spring Hill, Tennessee plant to build a new version of the GMC Acadia. The Lansing plant will continue building the Buick Enclave and Chevrolet Traverse after it retools for a month, GM spokesman Tom Wickham said.

GM has announced other factory cuts even after it said in January it would invest another \$1 billion in U.S. factories. President Donald Trump has urged GM and other automakers to build more cars in the country to discourage the industry from investing in Mexico. GM has said the \$1 billion investment would allow it to create or retain 1,500 U.S. jobs, but has not specified what jobs are impacted. **REUTERS**



## WELCOME TO METRO.US!

CRISTABELLE TUMOLA, WEB EDITOR

Everyone poops, but not everyone is supposed to poop pink. But that's what is reportedly happening to fans of the new limited-edition Oreo Peeps flavor. The cookie, which features a bright pink cream filling, is turning some people's poop, tongues and saliva pink, according to social media posts from consumers. An Oreo spokeswoman says it's common, but still, maybe stick to the original. **metro.us/viral**

## PLAY TO WIN

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

Congrats to last week's winner, Dinorah Balthazar from New York City.

**metro.us/quiz**



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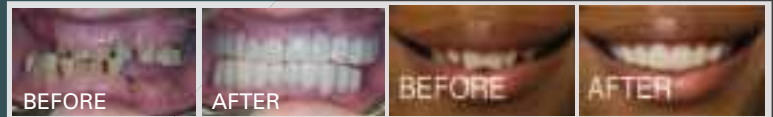
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# NYC anticipates Trump immigration policies will scare away international tourists

City plans a marketing campaign to counter travelers' fears.

New York City intends to launch a \$3 million advertising campaign in an effort to counter what tourism officials see as a serious decline in visitors to the Big Apple in the wake of President Donald Trump's latest immigration policies.

The city anticipates that it will see 300,000 fewer international visitors this year than it did in 2016, according to NYC & Company, the city's marketing organization for tourism.

The drop in the city's tourism would be the first in nearly ten years.

The marketing campaign will focus on several countries, including Mexico, Germany and the United Kingdom.

Though the number of visitors from outside the U.S. is expected to dip, domestic travel to the city will likely grow by about a million tourists this year, NYC & Company projects.

Overall, demand for travel to the United States over the coming months has flattened out following a positive start to the year, with uncertainty over the new travel order likely deterring visitors, travel analysis company ForwardKeys said on Monday.

ForwardKeys, which



A group of tourists pose for a group picture in Times Square. GETTY IMAGES

analyzes 16 million flight reservations a day from major global reservation systems, also said that travel from the United States to and from the Middle East has been especially hard hit after Trump's move to ban people from seven Muslim-majority countries.

"Uncertainty reigns and the presidential rhetoric appears to be deterring

visitors to the U.S.," ForwardKeys founder Olivier Jager said in a statement.

The chief executive of hotels group Marriott International said it was too early for conclusive evidence and that currency moves could also be playing a role, particularly for travelers from Europe.

"The comments and actions of the new Trump administration are not

helpful, but we're not seeing the data that would suggest they've been terribly harmful," Arne Sorenson told Reuters in Berlin on the sidelines of the IHIF hotels conference being held this week.

After the travel ban was imposed in January, international travel to the U.S. dropped by 6.5 percent in the following

eight days, ForwardKeys data showed last month.

In its latest update on Monday, ForwardKeys said bookings to the United States recovered after the courts halted the ban, but dropped again in the nine days after plans for a new ban were announced on Feb. 17.

Overall, bookings for travel to the United States over the next

three months are 4 percent down on last year, whereas they had been 3.4 percent ahead the day before the travel restrictions were imposed.

"Donald Trump's on-off travel ban has created a roller coaster ride for the travel industry," Jager said in a statement before the latest travel order was announced.

STAFF AND REUTERS

## Trump signs revised travel ban order, leaves Iraq off

President Donald Trump signed a revised executive order on Monday banning citizens from six Muslim-majority nations from traveling to the United States but removing Iraq from the list, after his controversial first attempt was blocked in the courts.

The new order, which the White House said Trump had signed, keeps a 90-day ban on travel to the U.S. by citizens of Iran, Libya, Syria, Somalia, Sudan and Yemen. White House spokeswoman Sarah Huckabee Sanders said

the new order would take effect on March 16. The delay aims to limit

*"A watered down ban is still a ban."*

Chuck Schumer

the disruption created by the original Jan. 27 order before a U.S. judge suspended it on Feb. 3.

Trump who first proposed a temporary travel ban on Muslims during his presidential campaign last year,

had said his original executive order was a national security measure meant to head off attacks by Islamist militants.

It came only a week after he was inaugurated, and it sparked chaos and protests at airports, as well as a wave of criticism from targeted countries, Western allies and some of America's leading corporations.

"It is the president's solemn duty to protect the American people," Secretary of State Rex Tillerson told reporters after Trump signed the



President Donald Trump GETTY IMAGES

new order. "As threats to our security continue to evolve and change, common sense dictates

that we continually re-evaluate and reassess the systems we rely upon to protect

our country."

The leader of the minority Democrats in the Senate, Chuck Schumer, said he expected the revised order to have the same uphill battle in the courts as the original version.

"A watered down ban is still a ban," he said in a statement. "Despite the administration's changes, this dangerous executive order makes us less safe, not more. It is mean-spirited, and un-American. It must be repealed."

REUTERS



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Tens of thousands of New Yorkers participated in a silent march to protest NYPD racial profiling. GETTY IMAGES

## Plan calls for civilian watchdog to monitor NYPD surveillance of Muslims

Settlement would appoint civilian attorney to safeguard civil rights.



AMANDA MIKELBERG  
@MetroNewYork  
amanda.mikelberg@metro.us

A proposed policy to protect Muslims from unconstitutional surveillance would place a civilian watchdog at the heels of the NYPD.

The proposal filed Monday is a revision of one filed in October 2016 that a federal judge rejected for being insufficient protection from potential violations.

The arrangement is part of a settlement to address lawsuits alleging the city infringed on the rights of Muslims after 9/11. Several suits were filed after The Associated Press reported that the NYPD planted officers in student organizations and recruited informants at mosques in order to spy on Muslims.

Last January, Mayor Bill de Blasio said he would pick a civilian attorney who would monitor the NYPD's antiterrorism operations. The mayor's commitment coincided with

the NYPD's agreement to prohibit investigations based on religion, race or ethnicity.

The civilian watchdog would sit on a monthly NYPD committee that discusses surveillance programs and would communicate any concerns about the constitutionality of new or ongoing activities.

"This agreement shows that we can have effective law enforcement that protects us from extremist violence — without demonizing any religion or group," attorney Jethro Eisenstein told the Daily News. "That is a critical lesson in the current political climate."

Eisenstein was one of the lawyers who worked on the case since its inception.

The presiding Judge Charles Haight also required that the civilian lawyer needs to ensure the NYPD abides by the 1985 "Handschu Guidelines" that govern monitoring of political or religious activity.

The settlement's terms advised by civil rights attorneys and the city stipulates that the sitting monitor cannot be removed from the position without a court approval.

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### SHOOTING

#### NYPD: Retired police officer shoots landlord

A dispute between a landlord and his tenant escalated into a shooting and a police standoff Monday afternoon in Greenpoint, Brooklyn.

The tenant, a 51-year-old retired police officer, allegedly shot his 45-year-old landlord outside the three-family home, then went back inside with the gun around 2:35 p.m., the NYPD said.

The name of the victim and the alleged shooter were not immediately released.

The shooting came two weeks after a landlord in the

Throggs Neck section of the Bronx was charged with fatally stabbing his tenant over late rent payments.

Police swarmed the scene after the shooting, at the intersection of McGuinness Boulevard and Greenpoint Avenue. The suspect had barricaded himself for about an hour before police took him into custody.

"We saw a police officer go and knock on a window at 185 Greenpoint, and we saw the guy come out with a gun, and at that point we all hit the ground," a witness told NBC 4.

The investigation is ongoing.

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# Some US schools to close Wednesday as women request day off to protest

The one-day protest, which is being held in conjunction with International Women's Day, is intended to draw attention to the plight of women in the workplace who on average are paid less than men.

At least two U.S. school districts have announced plans to close on Wednesday in anticipation of staff shortages for the nationwide "Day Without A Woman" strike.

The protest is already affecting dozens of schools, which are heavily staffed by women. The strike organizers include some of the planners of the Jan. 21 women's march on Washington



Demonstrators protest on the National Mall in Washington, D.C., for the Women's march on January 21, 2017. GETTY IMAGES

and other U.S. cities.

In Alexandria, Virginia, just outside Washington, D.C., Superintendent of Schools Alvin Crawley said classes for the entire district, which serves more than 15,000 students, would be canceled on Wednesday after 300 teachers and oth-

er staff members asked to have the day off.

"The decision is based solely on our ability to provide sufficient staff to cover all our classrooms, and the impact of high staff absenteeism on student safety and delivery of instruction," Crawley said in an

announcement.

Also canceling classes for the day are Chapel Hill-Carrboro City Schools in North Carolina, where officials anticipated that 400 to 2,000 staffers would not show up for work. The district, which encompasses 21 schools, said absences

*"The decision is based solely on our ability to provide sufficient staff to cover all our classrooms, and the impact of high staff absenteeism on student safety and delivery of instruction."*

Crawley

on a typical day number around 100 staffers, or 5 percent of its workforce.

The school district stressed that the decision to close was based on student safety and was not meant as a political statement. REUTERS

## MISSILE LAUNCH

**North Korea says leader Kim supervised missile tests, Trump talks to Japan's Abe**

North Korean leader Kim Jong Un supervised Monday's test launches of four missiles, the country's official news agency reported on Tuesday, stepping up threats against Washington as U.S. troops conduct joint military exercises with South Korea.

North Korea fired four ballistic missiles into the sea off Japan's northwest, angering South Korea and Japan, days after it promised retaliation over the military drills which it sees as preparation for war.

U.S. President Donald Trump and Japanese Prime Minister Shinzo Abe discussed North Korea's missile launches during a phone call on Tuesday.

"Japan and the U.S. confirmed that the latest North Korean missile launches were clearly against U.N. resolutions and a clear provocation against the regional and international community," Abe told reporters. "(North Korea's) threat has entered a new phase."

U.S. Defense Secretary Jim Mattis and Japanese Defense Minister Tomomi Inada also discussed the missile launches in a telephone call on Monday, the Pentagon said. REUTERS

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# Ben Carson calls slaves 'immigrants' in speech, drawing criticism

It was Carson's first address to the staff at HUD. He was confirmed by the U.S. Senate last week.

Ben Carson, the new secretary of the U.S. Department of Housing and Urban Development (HUD), on Monday referred to slaves brought to the United States against their will as "immigrants," drawing quick condemnation from civil rights groups who cast his remarks as offensive.

By way of introduction, Carson shared anecdotes from his past career as a neurosurgeon and praised immigrants who worked long hours to build a better life for their children.

"There were other immigrants who came here in the bottom of slave ships, worked even

longer, even harder for less," said Carson, who is African-American.

"But they too had a dream that one day their sons, daughters, grandsons, granddaughters, great-grandsons, great-granddaughters might pursue prosperity and happiness in this land," he said.

Enslaved Africans did not voluntarily come to the United States and were denied freedom for hundreds of years.

"This is as offensive a remark as it gets," said Steven Goldstein, executive director of the Anne Frank Center for Mutual Respect.

The remarks sparked outrage on Twitter, including from the actor Samuel L. Jackson. The National Association for the Advancement of Colored People (NAACP) also criticized Carson.

A HUD spokesman later called the tempest



Secretary of Housing and Urban Development Ben Carson GETTY IMAGES

"the most cynical interpretation of the secretary's remarks to an army of welcoming HUD employees. No one honestly believes he equates voluntary immigration with involuntary servitude."

Carson was well received by the hundreds of HUD employees in the

room and got a standing ovation at the close of his remarks.

As housing secretary, Carson is in a position to play a leading role in reviving poor neighborhoods, as Republican President Donald Trump has promised.

Carson occasionally stumbled as a Republi-

can presidential candidate, such as when he said he did not believe a Muslim should be president.

After dropping out of the race, Carson threw his support to Trump, who named him housing secretary after winning the November election.

REUTERS

## BRIEF

### Afghan family released after detention in Los Angeles

A family from Afghanistan detained on their arrival in Los Angeles last week despite holding special visas granted for the father's service to the U.S. government in that country has been released, their attorneys said Monday.

Lawyers for the family of five, who have not been publicly identified, said that it was still not clear to them why the father, mother and their three sons were taken into custody at Los Angeles International Airport on Thursday, interrogated and held for some 40 hours.

But attorney Robert Blume portrayed the detention as a mistake by U.S. immigration authorities, saying: "The government swung and missed on this one. They just got it wrong."

The family's detention came at a time of increased concern among immigrant rights advocates about tougher scrutiny of visitors as part of U.S. President Donald Trump's crackdown on immigration on national security grounds.

All five members of the family were released on Monday before an emergency hearing sought by their lawyers in U.S. District Court in Santa Ana, California. REUTERS

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## Hoard of 'good luck' coins extracted from sea turtle



Workers from the Veterinary Hospital of Chulalongkorn carry the sea turtle named "Bank" from the surgery building to a rest area after the operation, in which veterinarians removed two big glasses of coins inside the stomach of the animal.

Thai veterinarians Monday removed 915 coins from a 25-year-old sea turtle that had been swallowing items thrown into her pool for good luck, eventually limiting her ability to swim.

The coins and other objects removed from the turtle named Omsin — "piggy bank" in Thai — weighed 11 lbs. The turtle itself weighed 130 lbs.

The green sea turtle, living at a conservation center in Sriracha, Chonburi, east of the

Thai capital of Bangkok, had been finding it hard to swim normally because of the weight.

The vets said they believed the seven-hour-long operation was the world's first such surgery.

"We think it will take about a month to ensure she will fully recover," said Nantarika Chansue, of Chulalongkorn University's veterinary science faculty, adding that the turtle would need six more months of physical therapy.

There was no im-

*"We think it will take about a month to ensure she will fully recover."*

Chansue

mediate estimate of the value of the coins, some of them foreign and many corroded.

REUTERS

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# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

## *Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery*

By Matt Edgar

America's Health Writer

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment"* noted the clinic director at the **NY Pain MD** in New York City. *"The same holds true for treating arthritis pain. I believe we are having so much success at NY Pain MD because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

### What is the "correct treatment?"

*"That depends,"* said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



*"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."*

**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



### Normal Pain-Free Knee Joint

#### Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



### Knee With Painful Arthritis

#### Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



### Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



### Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

#### Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.



# Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

*Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to **NY Pain MD** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

**NY Pain MD** is a state of the art medical facility offering only the best technology.



**Advanced Medical Technology Can Make All The Difference:** This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

## And that's not all :

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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Cross Blue Shield & others  
\*EZ payment plans and financing also available

**All you have to do is call 800-885-KNEE (5633)** right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

**And here's something really important** - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

**Call: 800 885 KNEE (5633)**

## Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

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# House Republicans unveil bill to repeal Obamacare

It was not immediately clear if the bill had enough support to pass the Republican-led Congress. It goes next to two House committees for review.

Republicans in the U.S. House of Representatives unveiled long-

awaited legislation on Monday to repeal much of the Obamacare healthcare law, including its expansion of the Medicaid program for the poor.

President Donald Trump and fellow Republicans in Congress have repeatedly promised to repeal and replace former Democratic President Barack Obama's signature domestic policy achievement known as the 2010 Affordable

Care Act. It was not immediately clear if the bill had enough support to pass the Republican-led Congress.

The proposal would freeze enrollment in Obamacare's expanded Medicaid program on January 1, 2020. States that expanded Medicaid could still sign up individuals until the end of 2019, and continue to receive enhanced federal funds for them thereafter, Republican aides

said. But going forward, federal funds for Medicaid would be capped.

While eliminating the income-based subsidies for purchasing insurance under Obamacare, the proposal would instead offer age-based refundable tax credits. Those would be capped at upper-income levels, Republican aides said.

The proposal would repeal most Obamacare-levied taxes in January

2018 and immediately repeal the penalty for the individual and employer mandates to buy insurance. It would not, however, cap the existing tax exemption for employer-sponsored health insurance, although some lawmakers had favored that.

"Our legislation transfers power from Washington back to the American people," House Ways and Means Chairman Kevin Brady said in a statement.

Democrats have warned that Republi-

*"Our legislation transfers power from Washington back to the American people."*

House Ways and Means  
Chairman Kevin Brady

cans risk throwing the entire U.S. healthcare system into chaos by repealing the Obamacare law that was passed by congressional Democrats over united Republican opposition. The law enabled about 20 million previously uninsured people to get medical insurance.

REUTERS

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Chairman of the House Ways and Means Committee Kevin Brady GETTY IMAGES

## POLITICS

**Senate approves measure to kill Obama-era contractor rule**  
Republicans in the U.S. Senate passed a measure to eliminate an Obama administration rule that would require prospective federal contractors to report violations of more than a dozen U.S. labor and employment laws.

On a 49-48 vote, the Senate endorsed a joint resolution under the Congressional Review Act (CRA) to overturn the contractor disclosure rule. The U.S. House of Representatives approved it last month, so all that is left to kill the regulation is President Donald Trump's signature on the resolution.

The resolution targeting the contractor regulation, dubbed the "blacklisting rule" by critics, is a part of a larger Republican effort to use the CRA to roll back

a swath of federal regulations finalized in the last seven months of the Obama administration.

Trump has signed three CRA resolutions thus far, which eliminated an environmental rule for streams and wetlands, a measure enhancing background checks for mentally ill gun purchasers and a requirement that oil, gas and mining companies report payments to foreign governments. Republican lawmakers have introduced measures targeting more than 30 rules.

The CRA is an efficient method to eliminate recently passed rules, as it is much faster than going through the full regulatory process and cannot be filibustered in the Senate. A CRA resolution also bars agencies from issuing "substantially similar" regulations in the future. REUTERS



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# Ally of NJ Gov. Christie avoids jail for airline scheme

Prosecutors had  
sought prison time,  
saying a stiff sen-  
tence for a high-rank-  
ing official would  
send a message.

A former New Jersey at-  
torney general and con-  
fidant of Gov. Chris Christie  
avoided prison on Mon-  
day for pressuring United  
Airlines into operating a  
flight to an airport near  
his vacation home, a  
case that grew out of the  
Bridgegate investigation.

David Samson, 77, for-  
mer chairman of the Port  
Authority of New York  
and New Jersey, could  
have received up to two  
years in prison after plead-  
ing guilty to using his po-  
sition to coerce United  
into restarting a money-  
losing nonstop route be-  
tween Newark, New Jer-  
sey, and Columbia, South  
Carolina.

The flight, which Sam-



David Samson, former chairman of the Port Authority, center, arrives at federal court in Newark, New Jersey. GETTY IMAGES

son privately called the  
“chairman’s flight,” made  
it easier for him to get to  
his summer home, ac-  
cording to prosecutors.

U.S. District Judge  
Jose Linares in Newark  
ordered Samson to serve  
one year of home confine-  
ment and pay a \$100,000  
fine, after Samson’s law-  
yers argued he should not  
be sent to prison because  
of his poor health.

Samson was accused  
of threatening to block  
United’s plans for a new  
hangar at Newark Liberty  
International Airport un-  
less United reinstated the  
flight.

United previously  
agreed to pay more than  
\$4.6 million to settle re-  
lated criminal and civil  
investigations without  
admitting wrongdoing.  
The scandal led to the re-  
signation of United Conti-  
nental Holdings Inc Chief  
Executive Jeff Smisek and  
two other executives, but  
no employees were charged.

“Obviously we’re disap-  
pointed in the sentence,  
but we respect the court’s  
decision,” New Jersey U.S.  
Attorney Paul Fishman

said in a statement.

The case emerged from  
the investigation into the  
shutdown of access lanes  
at the George Washington  
Bridge in September 2013.  
Fallout from the Bridge-  
gate scandal damaged  
Christie’s once-promising  
political career.

Two former Christie  
aides were convicted of or-  
chestrating the closures to  
create massive traffic jams  
as payback for a local may-  
or’s declining to endorse  
the Republican governor’s  
2013 reelection bid.

Christie, who has not  
been charged, denied  
any knowledge of the  
scheme, but the aides tes-  
tified he was aware of the  
lane closures at the time.

REUTERS

## Feet Hurt? Bunions? Hammertoes? Heel Pain?

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- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful “cramp” in the area of my third and fourth toes when wearing shoes.
- My toes aren’t straight—they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it’s worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly—sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rashes, or open sores.

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## Chrissy Teigen talks postpartum depression in a powerful essay

Chrissy Teigen is famously an open book. But now, she's talking about something she's never talked about before: postpartum depression. In an essay for Glamour, the 31-year-old model talks about her ongoing battle with postpartum after the birth of her daughter, Luna. And it will give you all the feels. "I had everything I needed to be happy. And yet, for much of the last year, I felt unhappy," she writes. "What basically everyone around me — but me — knew up until December was this: I have postpartum depression."

Teigen took to Twitter after her essay

came out to reassure everyone that despite writing about her struggles with depression and anxiety, she wants to be treated the same. "Please don't feel like you have to tiptoe around me!" she writes. "It is the most uncomfortable feeling ahhh only downside to sharing PPD."

Bravo to Teigen for opening up about such an intensely personal, trying experience. Although it is pretty depressing to hear that being hot, rich and married to John Legend isn't enough to keep the sads away. There's definitely no hope for the rest of us plebians.

## the word

RACHAEL CLEMMONS  
[rachael.clemmons@metro.us](mailto:rachael.clemmons@metro.us)

## Barbra Streisand is stress eating thanks to Trump

Barbra Streisand is fed up, y'all. The icon took to Twitter to share her thoughts on our president. Namely, that Trump as president is making her stress eat.

"Donald Trump is making me gain weight," she writes. "I start the day with liquids, but after the morning news, I eat pancakes smothered in maple syrup!" Girl, same. Her tweet came after Trump made unsubstantiated claims that Obama wiretapped his phones during the

presidential campaign. And Barbra is over it: "Trump just accused Obama of tapping his phones," she wrote. "Seriously crazy times."

Time for more pancakes." This isn't the first time the 10-time Grammy winner has expressed her distaste for Trump: In January, she penned an essay titled "Clueless, Reckless, Graceless, Mindless and Heartless: Our President-Elect" for The Huffington Post. That sure is a lot of adjectives! Thank you, Babs, for being so damn relatable.



## Who is Naomi Watts secretly dating?

There's a delightful rumor going around that Liam Neeson and Naomi Watts are dating, and I've never wanted anything more in my life. The story comes from The National Enquirer, which isn't the greatest or most reliable outlet, but a source says that they have a lot in common beyond the movie business. "Naomi and Liam are both single parents to two boys and they're both expats living in New York." That's enough for me!

Watts, 48, split from her

long-term partner, Liev Schreiber late last year. It was a bummer. Neeson, 64, was married to Natasha Richardson until her untimely, tragic death in 2009. A source has already denied the romance to Gossip Cop, saying "There is no 'dating' relationship here," but let's not allow a simple denial from a "trusted source" to kill our dreams. Right?



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# Halston Sage is no mean girl

The actress talks about playing a cruel high schooler in the YA movie "Before I Fall."



**MATT PRIGGE**  
@mattprigge  
matt.prigge@metro.us

Halston Sage went to an all-girls high school, and she spent most of her time there working on the school newspaper, serving on student council and riding horses. So, her teen experience was very different from that of her character Lindsay in "Before I Fall," the confident but secretly troubled ring-leader of a pack of mean girls. Her clique includes the film's protagonist, Zoey Deutch's Sam, who finds herself mysteriously living the same fateful day over and over again, "Groundhog Day" style.

I'm imagining you



GETTY



Halston Sage, left, plays one of the besties of a high schooler (Zoey Deutch) who's forced to live the same day over and over again, "Groundhog Day" style, in "Before I Fall," now in theaters. **AWESOMENESS FILMS**

weren't a mean girl in high school.

No. It was very therapeutic to be bossing people around all day. I'd get it out of my system without it actually reflecting on who I am as a person.

[Laughs]

Despite this being based on a YA novel, I don't think the movie is strictly for young adults.

Even though it takes place in high school, it deals with very adult themes — questions we ask ourselves even after high school. Who do I want to be? What do I want people to remember me for? How do I want to treat people? What do I want to do with my time here?

These questions are really important and really elevated when you're in high school, because at that age you think everything is so important and it's the end of the world. I'm 23, and I still feel that way. I could talk to my mom and she's still asking the same questions.

It's weirdly comforting when you realize adults don't know anything either.

Right! And there are still

girls who are mean, but you realize they have more sides to them. That's the benefit of getting older: You don't see everyone in one way. They could be someone like my character, who's had something terrible happen in her life or is going through a rough time. You don't want to justify their behavior, but you want to understand them, give them a little more credit, rather than reducing them to one kind of person.

## Back to school

Tell me what it's like playing a high schooler when you're 23. One thing I loved was how authentic this was about high school life now. Everything is very consistent with how they live — how they dress, how they speak. You don't really see that in movies about high school. High schoolers are so much cooler now than when I was in school. They're cooler than me.

You've said YA fans actually contact you over social media. Is that a bit weird for you? No, I think it's really sweet. If I was that age and I was able to talk to my favorite actress or send her a note online, I would have done it. Hopefully you can separate your anxieties about the negative side of social media and see it as more of a platform to reach out to people you admire or care about. Or you can talk about a cause that's important to you. That's the nice way of looking at social media.

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# Miles away

With two new live albums, Vanessa Carlton says she's just hitting her stride.



RACHEL RACZKA  
@rachelraczka  
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Vanessa Carlton wants to clarify her distinction from her piano-pop roots.

Her 2001 breakout hit, "A Thousand Miles," earned her three Grammy noms and became a top 40 hit. The piano riff played in and out of a decade's worth of rom-com heroines' morning strolls, and just last month returned once again as a sample on Cam'ron's forthcoming single "10,000 Miles."

But it's her 2015 album, "Liberman," a lush, sparkling 10-track that strays into synth territory that Carlton likens to a defining thesis statement. And 2011's "Rabbits on the Run," the "start of

[her] real life."

"Rabbits on the Run" went under the radar, but for me, it was the first album I did outside a major-label system. And 'Lieberman' was a foundation album for me," explains Carlton, en route to Ann Arbor, Michigan. "It was



Vanessa Carlton's latest release, "Earlier Things Live," revisits her hits with new vibes. GETTY IMAGES



JESSE DEFILORIO

for the people who were eyeing me — as journalists or as my peers, musicians I admire and respect — they heard it and were like, 'Oh, this is what she's doing now.'"

"Liberman" gets a second consideration with "Liberman Live," an eight-track recording of the album from Carlton's 2015 stop at

3rd and Lindsley in Nashville. This month, she follows it up with "Earlier Things Live," a collection of six songs from her earlier catalog (including "White Houses" and "A Thousand Miles"), recorded in concert that same evening.

Carlton and her manager chose to lay down a recording of the night after a successful live run with "Liberman," having decided the vibes created should live "beyond the tour." Deer Tick singer-

guitarist John McCauley guests on the album, as do the Watson Twins and folk violist Skye Steele. (Carlton and McCauley have been married since 2013; Stevie Nicks performed their ceremony.)

"It was cool to put those older tunes together, because obviously my voice has changed so much over the years," she adds. "It was like, 'Actually, this is what I sound like now, and these are those songs, the older stuff.'"

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As for Carlton's drift from pop, she recognizes the role working outside a major label played in her evolution. "Liberman" was released on Caroline/Dine Alone Records, an indie label that Tokyo Police Club and Twin Forks also call home. (Prior, Carlton had been signed to A&M, where she released 2002's "Be Not Nobody" and 2004's "Harmonium.")

"It's a real change to get over the hurdle of the marketing structure I was in, and the sound I had in the major label machine, but in the end, that's not who I am," Carlton says. "I think because of 'Liberman,' I'm ready to up my game even more. I want to put myself in a role I'm not uncomfortable in, and push myself. I want to keep evolving. I have no interest in the past, really."



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**THIS WEEK'S OBSESSIONS***What our style editor, Tina Chadha, is loving.*

Sometimes you want to dress like a grownup, and these high-waisted pants (one of the season's big trends) are both elegant and cool. Aritzia Wilfred Rocaille Pant, \$110, aritzia.com



Hurry up and get on the waitlist for these embellished jeans. I did. Zara High Rise Jeans With Pearl Beads, \$69.90, zara.com



Nili Lotan's dreamy silk Lillie skirt makes a strong case for winter white. \$595, nililotan.com

**Trending: Coveralls**

Forget the farm — the chicest workwear is coming out of the garage. The latest incarnation in the jumpsuit trend is taking on a more utilitarian vibe with roomy coveralls. Who says fashion can't mean function?

TINA CHADHA



Madewell pink coverall jumpsuit, \$148, madewell.com  
ALL PHOTOS PROVIDED



A.P.C. Truck jumpsuit, \$385, usonline.apc.fr



Rebecca Taylor Mia floral jumpsuit, \$495, rebeccataylor.com

**Double tap**

What's that flooding your social-media feeds? It's Glossier's latest launch, Cloud Paint — which debuted on the Oscars red carpet on the cheeks of Chrissy Teigen and Reese Witherspoon. The cream-gel blush — packaged in adorable 10ml tubes a la an actual tube of acrylic paint — are creamy, lightweight and glide on easily when tap-tapped along the

cheekbone. The shades we tried — Dusk and Haze — provide a natural flush when layered, and the formula allows for enough dry-time to blend the color before it stains. Fingers are an ideal applicator, mashing droplets of the product into custom hues before blending up the cheekbone, just like they do on Instagram.

RACHEL RACZKA



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# Ask Mount Sinai: Is it allergies or a cold?



Peak influenza and norovirus season is over, so why are you getting cold symptoms now? It could be an allergic reaction. iStock

substances and not recommended. Animal dander adheres to clothing, furniture, walls and can remain airborne for long periods of time. Keeping pets out of the bedroom and using HEPA filtration may help.

Another option is allergy immunotherapy which can be given by injection or orally. This treatment, given over several years, desensitizes you to allergens to reduce allergy and asthma symptoms. This is a useful treatment particularly for someone who is sensitized to many allergens, finds it difficult to avoid their triggers or cannot tolerate medications used to treat symptoms. An allergist can discuss with you which treatment would be best.



Mount Sinai

**ASK MOUNT SINAI**

Stay Healthy

You have medical questions? We have answers. Metro is teaming up with the experts at the esteemed Mount Sinai hospital to provide answers to New Yorkers' most pressing medical concerns. Send us an email at askmtnsinai@metro.us. We'll select one question and publish an answer every other week.

At the start of 2017, norovirus, the awful vomiting illness commonly (and erroneously) referred to as the stomach flu, had its way with us: The Centers for Disease Control and Prevention reported this season that cases of the bug were up slightly over last season.

Thankfully, peak season for both norovirus and influenza is coming to a close, but now we're on the cusp of spring, which has many people wondering if their stuffy nose and cough is a sign of the common cold or an allergy flare-up. We asked Dr. Shradha Agarwal, assistant professor of

clinical immunology at Mount Sinai Health System, to help us figure out the difference, and let us know what we can do to protect ourselves when allergies do strike.

**How can you tell if you have a cold or allergies?**

Sometimes, particularly in the winter months, it's difficult to distinguish between allergies and the common cold since the symptoms may be similar: congestion, runny nose, cough, fatigue. Symptoms can be intermittent if the exposure to the allergen is episodic, such as visiting a friend with a

dog. If your symptoms are persistent for more than two weeks, you should visit an allergist.

**What are the most common allergies in the U.S.?**

The most common environmental triggers are pollens, dust mites, animal dander, rodents and molds. Allergic rhinitis symptoms can be severe enough to contribute days lost from work/school.

**About how many people suffer from the most common allergies?**

The true incidence of allergic rhinitis is underestimated, since

many remain undiagnosed or are self-treated, but it is estimated to affect between 10-30 percent of the population worldwide. The prevalence has been steadily increasing.

**What can be done to manage allergies?**

Prevention strategies depend on the type of allergen and degree of exposure. For dust-mite allergies, [treatment involves] using impermeable mattress and pillow encasements, washing linens and vacuuming regularly. Chemicals to kill dust mites require frequent applications and exposure to harmful

**What about managing pollen allergies, specifically?**

It is more challenging to avoid pollens since we spend a lot of time outdoors. Some tips include staying indoors when pollen counts peak, usually midmorning, and when windy conditions stir pollen into the air. Local pollen counts can be monitored online during pollen seasons. Wear sunglasses when outdoors to reduce the amount of pollen getting into the eyes; use a mask if you have to mow the lawn or do gardening. Wash your face, hands and hair if you've been exposed.

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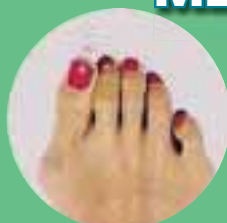


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# Self-help books may do more harm than good

Svend Brinkmann, author of "Stand Firm: Resisting the Self-Improvement Craze," discusses why that is.



Self-help books are a billion-dollar business, but do they actually help? In his new book "Stand Firm: Resisting the Self-Improvement Craze," out this month, Danish psychologist Svend Brinkmann argues that self-help literature can actually cause anxiety problems, encourage narcissism and lead to depression in readers. We spoke with Brinkmann about why the genre ultimately fails and why folks would actually do better to read novels instead.

## If self-help books don't work, why is there a boom of new literature on this topic every year?

The fact that hundreds of these books are published every year is proof that they don't work! If one self-help book was written that really did work, then we would not need all the others. These books simply sell the illusion to the reader that he or she can be in control of his or her destiny



In his new book, "Stand Firm: Resisting the Self-Improvement Craze," Danish psychologist Svend Brinkmann discusses the pitfalls of the self-help industry. ISTOCK

and achieve happiness, health and success. It's a very individualist idea that leaves the individual alone with the responsibility whenever he or she fails in achieving these things.

**Why do people keep buying self-help books?** They buy them because if we cannot change society, then we can change ourselves — that seems to be the idea. But this is a source of despair. Progress in society has always come from collective and political action. Not from individuals who work on their own lives to "get in touch with their inner feelings" or

something like that.

## Do self-help books actually lead to more problems?

As I see it, the real problem lies in a society that is becoming more and more individualistic. Self-help books are just a symptom of that problem, because they tell the reader that they can fix their own problems without the need for community. People become unhappy when they can not live up to the expectations found in these books, and they blame themselves.

**What are some of the specific prob-**

## lems self-help books could cause?

Narcissism, because many these books instruct the

reader in how to love oneself; despair, because it is often impossible to fulfill one's dreams; and depression when one becomes exhausted from constant self-optimization and personal development.

## So, self-help books essentially have a placebo effect?

Yes, that is a good way of putting it. Sometimes they even function as a "nocebo" effect, actually making people worse off than they were before. I am not saying that no self-help book ever helps. Studies show that some people can benefit from some of these books.

But like medicine, they can have adverse side effects — of self-blame and mental exhaustion.

## What about self-help coaches?

A coach like Anthony Robbins (author of "Unleash the Power Within") says that we should aim for "constant and never-ending improvement," which means that people should always be on the move and can never be good enough — that is a dangerous message to sell to people. Also, he says: "Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want." This, actually, is completely empty, because it doesn't address what one wants! What if one wants something unethical? Coaching is an individualist practice with little ethical awareness, and for that reason it is too thin as a life philosophy.

## Not all self-help books have easy formulas. Could any of them work?

I would rather people threw them away and began to talk more with their friends instead. Better to read novels than self-help books. Novels depict all the messy trouble that is part of human life, and that is actually quite consoling.



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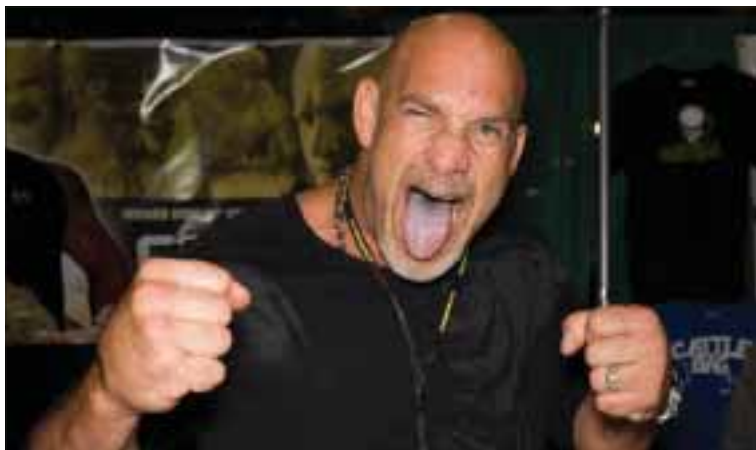
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## OLD-BERG

One of the great things about pro wrestling is that unlike real sports, you're never too old to compete. Hulk Hogan, at age 63, is still not officially retired. Ric Flair, who resembled my grandmother as far back as 1991, had his "retirement match" at the age of 59. Vince McMahon was falling off of steel cages in his 60s, and on Sunday night, 50-year-old Bill Goldberg won

the WWE Universal Championship.

Goldberg is a guy who hasn't been mainstream since 1998, when he appeared on the cover of TV Guide (yes, TV f'n Guide!). It's been 18 years or so since Goldberg was relevant but that didn't stop the WWE from trying to milk a few extra dollars out of a guy who was born when Lyndon

Johnson was president.

It's just a shame this couldn't happen in real sports. Who wouldn't want to see Michael Jordan unretire for the 10th time and see if he could post-up LeBron?

## YOUR FRIEND IS A DINK



The top athletes in Boston suck at picking friends. Everyone knows that the three most important people in the Patriots organization (Bob Kraft, Bill Belichick and Tom Brady) are buddy-buddy with the current president of the United States — who enjoys bragging about grabbing women's hoo haas upon meeting them.

And then there's the Celtics' Isiah Thomas, who is also tight with someone who has an ugly history with

women.

Floyd Mayweather has been arrested or cited for violence seven times against five women (according to a 2015 Boston Globe article). That is one gross statistic.

Now, it's not anyone's job to tell a grown person who to be friends with. I'm just saying it's a bad look for Isiah and the Celtics to basically have Mayweather as Boston's version of Jack Nicholson or Spike Lee in the No. 1 celebrity fan role.

## MAN VS. WOLF

Recently retired NFL running back Arian Foster believes he could beat up a wolf.

On Sunday, Foster tweeted out, "Wanna go camping, but 'wildlife' scares the s— out of me ... I honestly think I can get a wolf 1 on 1 tho."

When his Twitter audience disagreed, saying that most wolves would be able to rip apart most 30-year-old men with bad knees, Foster came out firing — insulting the wolf species over and over again.

"I've studied the wolf," Foster tweeted. "He can't read. I know his weaknesses. Plus the thumb thing."

"If he bites me his main weapon is immobilized. Then he becomes vulnerable. This is why thumbs are so important."

"Thumbs mean I can grab him."

He can't grab me. All he has is a mouth. Grab his neck and he can't bite.

"Also, [the wolf] hasn't been to



4 probowls, overcome those injuries and

DOESN'T HAVE THUMBS. Advantage me, f—er."



## NOT-SO-SILENT PROTEST

Draymond Green disrespected Paul Pierce by telling him the following: "Chasing that farewell tour, they don't love you like that. ... You thought you was Kobe."

On Sunday, Green said that Madison Square Garden's decision to not blare music during on court play and during each and every stoppage in play during the first half of the Warriors-Knicks game was "disrespectful," "pathetic" and "trash." (God forbid

the full focus be on the game.) I get that Green and every other player is used to hearing the meaningless "Duh ... Duh ... DEFENSE!" thing every other trip down the floor and they never tire of The Black Eyed Peas' "Tonight's gonna be a good night" during timeouts. But to call this idea "disrespectful?" Talk about a friggin' overreaction.



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# MARSHALL A PERFECT FIT FOR GIANTS

## OPINION



**KRISTIAN DYER**  
@KristianRDyer

It is a marriage seemingly made in heaven, that Brandon Marshall remains in New York after two seasons of mixed results. His looming release means that he will no longer be a part of the New York Jets but that opens the door for him to join the New York Giants and potentially give them the best trio of wide receivers in the NFL.

And another Super Bowl appearance for the franchise might not be too far behind.

The Giants certainly have the need for another wide receiver after they released Victor Cruz last month, parting ways with a solid No. 3 receiver who certainly has contributed to his fair share of big moments to the franchise over the years. Marshall would certainly be an upgrade over Cruz in terms of production but also longevity.

Last year was a down year for Marshall, not a surprise given just how bad the Jets offense was



Odell Beckham and Brandon Marshall this past summer. GETTY IMAGES

in 2016. But he is merely a year removed from over 1,500 receiving yards and 14 touchdowns, numbers that certainly point to the soon-to-be 33-year-old being an impact player. Marshall has several good seasons left in him and his time with the Jets certainly dispelled the notion that he's a bad teammate.

In fact, Jets players raved about his impact

and leadership.

Just imagine that type of production from 2015 opposite Odell Beckham Jr. and Sterling Shepard, a player who was very solid in his rookie season last year. That is nothing short of a juggernaut of talent for quarterback Eli Manning to throw to. A possible Marshall to the Giants scenario would also align itself with the need for the Giants to upgrade their red zone efficiency.

After all, this team was 22nd in the league in red zone efficiency last year, scoring a touchdown on just 51.11 percent of their trips into the red zone last year. That's a number that must improve, especially for a playoff team.

The scenario simply

makes too much sense.

The Giants have the need, especially without Cruz. There also is the desire for Marshall to remain in New York, especially with his prominent role on Showtime's 'Inside the NFL.' It might even allow for the Giants to score an unusual hometown discount given his desire to stay in the New York market. Marshall might be willing to take a pay cut to stay in New York, close to where he tapes the show on Tuesdays during his off day.

A switch to New York's blue team also provides Marshall with perhaps his best chance at a Super Bowl run, one of the reasons why he was so content in New York with the Jets last offseason as there was the supposed belief that the team was poised for a playoff run. The Giants, fresh off their first playoff appearance since 2011, seem like a solid bet to return to the playoffs, especially if they can piece together their offensive line this offseason. Marshall might just push them over the top.

And in Eli Manning, twice a Super Bowl MVP, Marshall would have a quarterback who could not only get him the ball but has had his fair share of playoff success. The Giants now have a small title window with Manning.

It is a no-brainer move if general manager Jerry Reese has the chance to make it happen.

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888-415-0796 instant!  
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or mail in B,C,2,3 trains

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for a Quote Today!

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## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT  
COUNTY OF QUEENS  
U.S. BANK NATIONAL  
ASSOCIATION, AS TRUSTEE  
FOR BAFC 2007-8, Plaintiff  
- against MARDONIO  
PEGUERO; RICHARD  
PEGUERO, et al Defendant(s)  
Pursuant to a Judgment of  
Foreclosure and Sale entered  
on December 9, 2016. I, the  
undersigned Referee will  
sell at public auction at the  
Queens County Supreme  
Courthouse, 88-11 Sutphin  
Boulevard, Court Room #  
25, Jamaica, N.Y. on the  
17th day of March, 2017 at  
10:00 a.m. Premises All that  
certain plot, piece or parcel  
of land, with the buildings  
and Improvements thereon  
erected, situate, lying and  
being in the Borough and  
County of Queens, City and  
State of New York. Said  
premises known as 130-16  
Inwood Street, Jamaica,  
N.Y.11436. Tax account  
number: SBL# 12081-150.  
Approximate amount of lien  
\$ 948,099.66 plus interest  
and costs. Premises will be  
sold subject to provisions of  
filed judgment and terms of  
sale. Index No. 10971/2008.  
Tayna Hobson-Williams, Esq.,  
Referee.  
Fein Such & Crane, LLP  
Attorney(s) for Plaintiff  
28 East Main Street  
Rochester, N.Y. 14614  
(585)232-7400

**NOTICE IS HEREBY GIVEN**  
that a license, Serial # 1300396,  
for Wine & Beer has been applied  
for by the undersigned to sell  
Wine & Beer at retail under the  
Alcoholic Beverage Control Law  
at 134 Nevins St., Brooklyn,  
NY 11217. Kings County, for  
on premise consumption. 134  
Nevins Restaurant LLC.

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To place an ad call 866-900-9473

## LEGAL NOTICES

### NOTICE OF SPECIAL MEETING OF MEMBERS

Chinese-American Planning  
Council Home Attendant  
Program, Inc.

Notice is hereby given of a  
meeting of the members of  
Chinese-American Planning  
Council Home Attendant  
Program, Inc. (the "Company")  
to be held on Tuesday,  
March 21 at 6:00 PM at  
21 St. John's Lane  
(south of Canal St., West  
of 6th Ave.) 2nd floor,  
Manhattan, 10013.  
The agenda for the  
Meeting is as follows:

1. Ratification of all past  
actions by the Company,  
its board and its members;
  2. Ratification of the  
current board of directors  
of the Company; and
  3. Amendment and  
restatement of the governing  
documents of the Company.
- Only members of the Company  
bearing evidence of such  
membership shall be entitled to  
attend and vote at the Meeting  
and any adjournment(s) or  
postponement(s) thereof.  
By order of the Board of  
Directors of the Company.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1299477,  
for Restaurant Wine has been  
applied for by the undersigned  
to sell Beer & Wine at retail in a  
Restaurant under the Alcoholic  
Beverage Control Law at 25 W.  
32nd Street, New York, NY 10001.  
New York County, for on premises  
consumption. Bbdotgusa Inc.  
d/b/a BB.Q Olive Chicken.

**NOTICE IS HEREBY GIVEN**  
that a license, Serial # 1300430,  
for Liquor, Wine & Beer has been  
applied for by the undersigned to  
sell Liquor, Wine & Beer at retail  
under the Alcoholic Beverage  
Control Law at 515 Atlantic Ave.,  
Brooklyn, NY 11217. Kings County,  
for on premise consumption.  
Atlantic J LLC.

**NOTICE IS HEREBY GIVEN**  
that a license, Serial # Pending, for  
On Premise Liquor has been applied  
for by the undersigned to sell Liquor,  
Wine & Beer at retail in a Restaurant  
under the Alcoholic Beverage Control  
Law at 7312 13th Ave., Brooklyn,  
NY 11228. Kings County, for on premises  
consumption. Secota Mano Inc.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1300620, for  
Beer & Wine has been applied for by  
the undersigned to sell Beer & Wine  
at retail under the Alcoholic Beverage  
Control Law at 2590 Hylan Blvd.,  
Staten Island, NY 10306. Richmond  
County, for on-premises consumption.  
Blaze Staten Island LLC.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1300523, for  
Beer, Wine & Liquor has been applied  
for by the undersigned to sell Beer, Wine  
& Liquor at retail in a Restaurant under  
the Alcoholic Beverage Control Law at  
135 N. 5th St., Store A, Brooklyn, NY  
11211, for on-premises consumption.  
Humblebee Enterprises LLC.

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**or visit us at  
[www.metro.us](http://www.metro.us)**

**DEADLINE: 2 BUSINESS  
DAYS PRIOR TO  
PUBLICATION AT 4 PM.**

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## HOME HELPER WANTED

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### WORLD RENOWNED POWERFUL SPIRITUALIST & HEALER

#### PANDITH: MADHU

**Today is your day to let go of All Negative things**

**I AM THE KEY TO YOUR SUCCESS  
EXPERT IN READING PAST PRESENT + FUTURE**

**Solves Problem Like  
Depression, Love, Job, Money,  
Business, Jealousy, Husband & Wife,  
Blockage etc.**



**I WILL REMOVE & DESTROY, BAD LUCK, WITCHCRAFT, OBEAH,  
JADOO, VOODOO, BLACK MAGIC, PERMANENTLY**

*Worrying is wasting energy on the things you can't control Leave everything in my hand*

**SPECIALIZED IN BRINGING LOVED ONES BACK  
RESULTS BETWEEN 3/9 DAYS**

**929-278-7667**

104-12, 115th St, S. Richmond, NY-11419, (Pvt Home/office)



## PSYCHICS

### SPIRITUAL HEALER ANNA

Finally there is a born gifted healer you can trust...

She has over 40 yrs exp. She will know the causes of your problems without asking any questions & knows how to solve them, reveal names of enemies, reunite lovers, stops divorce, cure sickness, help childless couples, bring success to business, jobs, exams, etc.

If Anna cannot help you no one can! She is superior to all others. She is one of the only certified Spiritual healers.

**Reading by Phone First Reading Free**



#### MARRIED COUPLE

Someone had wished I wouldn't marry the man I love... Thanks to Anna we are now happily married!

#### FAMILY

We have been married for six years and had no children. Thanks to Anna we now have two healthy kids.



#### HUSBAND & WIFE

Our business was failing, we had no hope until my husband called Anna for help. A few days later we started to see amazing results!



**347-368-2424**

### SHEIKH MANSOUR

INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE

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EVERY PROBLEM HAS A SOLUTION, DON'T HESITATE TAKE GURUJI'S HELP

ALL RELIGIONS WELCOME

ONE PHONE CALL CAN CHANGE YOUR LIFE. CALL NOW

**718-530-8905**

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Worried About Loved Ones

FREE READING MON'S & SAT'S

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103-02 LEFFERTS BLVD. RICHMOND HILL, NY 11419



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[www.spiritualsaidou.com](http://www.spiritualsaidou.com)

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#### PROFESSOR

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Seek help from

**Mr MAROOF**

YOU WILL GET RESULT IN 72 HOURS 100% GUARANTEED



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**I BRING BACK LOVED ONES ONE VISIT & YOU WILL SEE RESULTS. I NEVER LOOSE ANY CASE**

I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy

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Call now

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24 Hours Results 100% Guaranteed







**Across**

- 1 Reduces by 50%
- 7 Potato st.
- 10 Dr.'s visit
- 14 Microscopic animal
- 15 Hosp. scan
- 16 Wyo. neighbor
- 17 Filet --
- 18 Water lily leaf
- 19 Peal of thunder
- 20 500-mile race locale
- 23 Imagine
- 26 Sgt.
- 27 Corroded
- 28 Shrink's reply (2 wds.)
- 29 Quit stalling
- 30 Extended family
- 31 Clean-air gp.
- 32 To and --
- 33 Outdone
- 36 In good shape
- 37 Banking convenience
- 38 On the --
- 39 Less than one
- 41 Rough-textured
- 43 Lgth. units
- 44 -- Paulo, Brazil
- 45 Take a crack at
- 46 Veld grazer
- 47 Fish in cans
- 48 Major artery
- 51 Plant sci.
- 52 Out in front

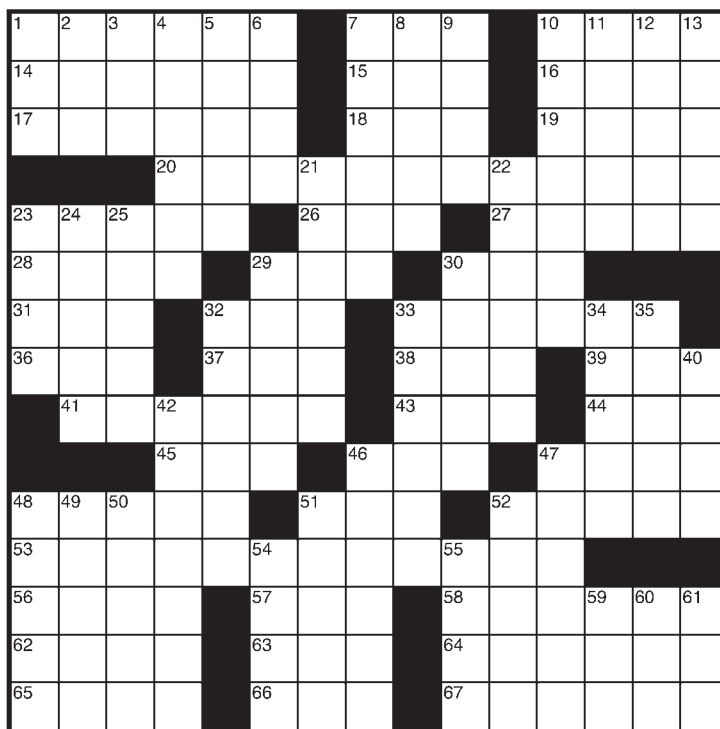
- 53 Famed story teller
- 56 Dilute
- 57 Set of tools
- 58 Made a profit
- 62 Tear apart
- 63 Navigator's dir.
- 64 Went along with
- 65 Galena and bauxite
- 66 Scottish river
- 67 Luxurious hotel

**Down**

- 1 Grocery buy
- 2 French friend
- 3 Daily record
- 4 Canal city

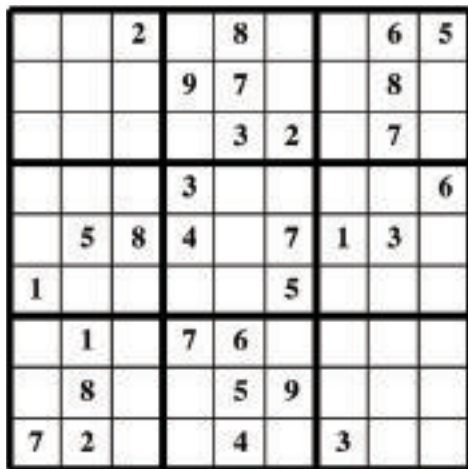
- 5 Piano-key wood
- 6 Pearl starter
- 7 Collision
- 8 Pipe unclogger
- 9 Verdi opera
- 10 Write-up
- 11 Voting place
- 12 Braid
- 13 -- -turvy
- 21 Tax form item
- 22 Light benders
- 23 Feudal estate
- 24 Meat jelly
- 25 "Really cool!"
- 29 -- -craftsy
- 30 Reeves of "Speed"
- 32 Ms. Fawcett
- 33 Filled pancake
- 34 Follow
- 35 Goddess of the hunt
- 40 Take on cargo
- 42 Puts in an appearance
- 46 Pointed beard
- 47 Those people's
- 48 Texas player
- 49 Yellow pigment
- 50 Lorelei's river
- 51 Salt water
- 52 "Time is money," e.g.
- 54 Used sparingly
- 55 Petri-dish contents
- 59 Opposite of "paleo"
- 60 Constantly, to Poe
- 61 Banned bug spray

## metro.us/crossword

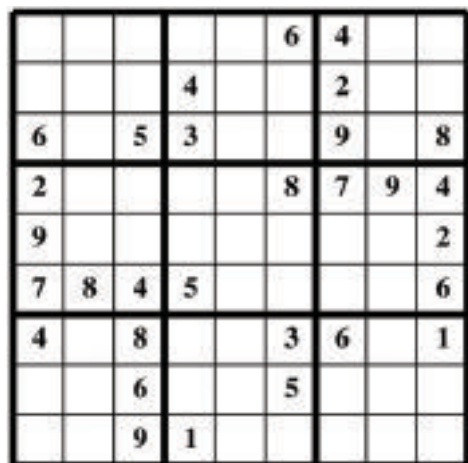


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Listen to emotional pleas when dealing with domestic issues. If someone isn't happy, you need to do your best to find solutions that suit everyone involved.



**Taurus** Share your concerns as well as your findings and possible solutions. Working in conjunction with others will be more impressive than trying to take charge.



**Gemini** An emotional incident at work or with someone you thought you could rely on will fester. Be frank about the way you feel before it affects your productivity.



**Cancer** Aim for advancement when it comes to work and your reputation, and take control of your life. Don't give in to bullies or people who are bad influences.



**Leo** Don't divulge secret information about you or anyone else. Focus on self-improvement and learning all you can to ensure that you are up to date with the latest trends.



**Virgo** Rely on your intuition when it comes to investments, joint ventures or other people's affairs. Ask questions and take action based on facts, not assumptions.



**Libra** Keep your life and everything you do simple, affordable and respectful of the people around you. Tolerance and diplomacy are encouraged.



**Scorpio** Share your thoughts and ask questions. Getting along with people who can make your life easier will help you get a firm hold on your financial future.



**Sagittarius** Refrain from sharing personal data. Someone will be looking for a way to coerce you into spending money or revealing secret information. Protect your assets.



**Capricorn** Limitations will set in if you don't abide by the rules or show detailed accounts of your transactions. Be strict and rigorous regarding a pending deal.



**Aquarius** Don't overspend on personal items that seem too good to be true. Be smart and choose to put your energy into getting fit and eating well.



**Pisces** Explore your creative dreams and express the way you feel and what you want to pursue. Take control instead of letting someone else rule your world. **EUGENIA LAST**

### Yesterday's answers



Can't wait until tomorrow to check your answers? Visit **metro.us**



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OVERDOSE  
DEATHS**

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**AVAILABLE **WITHOUT** PRESCRIPTION**

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Thrive  
NYC

**NYC**  
Health

Office of the Mayor  
Mary T. Bassett, MD, MPH  
Commissioner